Terrible Accident on the Harlem Railroad. TOUR CARS BLOWN OFF THE TRACK BY A HURRICANE.

ONE MAN KILLED. SEVENTEEN WOUNDED.

On Monday evering one of the most wonderful accideets occurred which the annals of ratiroad disasters have to show. A train of four cars on the Harlem road was blown off the track bodiey and rolled down an embankment some thirty feet high, the cars turning four complete some sets, kining two men and injuring many others. Only thirty passengers were on the train, and it is wonder'ul that any of them e-caped. The following is the statement of the conductor, Mr.

R. J. Whire, who arrived in the city this morning.

We left Albany at 4:30 p. m. and Chatham Four Corners at 5:28, with three passenger-cars and a buggage-car. About thirty passengers were let out at Co-pake, and at 6:36, as near as I can judge, the cars went off the track. The whole train turned over four times, the coupling between the baggage car and tender being broken. No other coupling was broken and the cars went together. They rolled not less than seventy feet and were dashed in pieces. I got out, and the first persons I found were three ladies. The rain was pouring in torrents, and it was so dark nothing could be seen. I first found the foot of one of the ladice and pulled the fragments off her head. I took her out and laid her on the grass. Then I went back and found another; the side of the car lay on her head and

A third was lying on her head with her feet up ward, and everything piled all about her. Then I thought of an old lady, Mrs. Coburn of Chatham; I called out to her, and some one whom I knew, Mrs. Brant, answered. She said she was not hart, and came to me but fell. I laid her with the rest, and then bandaged up two men. I then thought of my old friend Mr. Rathbone, and called but could get no answer from him. My baggagemaster, Shelley, said: I am hurt in my back and inwardly.' Then I heard something which appeared to be on the upper side of

"I get up then and found Mrs. Coburn. She had a gash over her lef eye and the skin was hanging down. Her face was covered with blood, which I wiped away. I went back and called for my men. Barnes sold me he was hurt. Then we found Gaylord, almost dead; the car had crushed his ribs right in and hi entrails were pushed out. He was taken to the farmhouse of a Mr. Pulver or Culver near by-

"I then found the paper-boy crawling up the bank with the back of his head cut open. He told me to look after the rest, he could take care of himself. I then found Mr. Rathbone lying on his face under a truck. The bearing of the truck lay on the small of his back. We got the truck off; he was dead. His watch was bloken off by the ring, but was still running. I found Mrs. Cobu n badly injured about the head and slightly in her side, and Mr. Coburn with his head cut.

"I got the ladies on the engine and took them to Bos-Son Corners; then I sent the engineer to Middleton for a car and physicians; he brought two physicians, Dr. Wood and one from New-York; we then went up and got the dead and wounded on board, all except Gayford and Barnes, who were at the farm house. changed the car with one on the express train which had a stove in it, and then we brought the passen gers down to Middleton, where we left them, and I arrived in New-York on Tuesday morning at 5:45 a. m. The car lay on both my legs and, they are con elderably brusied below the knees. My engine was the Pilot, my engineer's name Lewis Elder, and my fireman's Gives Capron. They were on the engine, which remained on the track.

"My lantern lay uncer a lady and was not injured; everything else was torn in pieces but my vause. I never saw such a sight in my life. There was nothing left of the care; the saloons and everything were com pletely ripped in pieces. The train went over with ust one movement like turning my hand; and I had just been talking with Mr. Rathbone, sitting by the side of him; when I got up and turned, two ladies were sitting together, and one of them said: "Mr. Conductor "will you be kind enough to get us a carriage when "we arrive in New-York " said I: "With pleasure," and I had not more than said "pleasure" before felt that I was going over; I went over the ladies and the seats went upon them-

At first everything was still for a moment but the howling of the wind and the pouring of the rain. I crawled out, and began to hear the screams of the wounded. I didn't think I was hurt then. The very mowas in bed, I see the whole thing right over again I can't sleep. The road at that point is placed on a high embankment in a valley between two mountains. As we come down, the road curves from south-east to south, and at the place where we were blown over

there is a notch in the ridge on the east side. "The wind swept through the valley of this notch which is the place where Morrissey and Sullivan fought two years ago. It is three quarters of a mile north of

OTHER STATEMENTS AND ACCOUNTS.

James E. Duncan, a young man, was in the bag-gage car with the baggage master, John Shelley; the train was coming round the curve about half a mi north of Boston Four Corners, all at once the front door was burst open by the violence of the gale, which was then blowing from a south-easterly direction, and almost instantly the car went wheeling down the embankment, a distance of thirty or forty feet, and was smashed up; the coupling had broke from the tender and the locometive went on. Dancace was bruise about the head, and his neck was stiff from pitching head first into the top of the car. After Duncan gathered up, he heard Shelly swearing lustily and ordering Dunean to get off him. It turned out that Shelly was washed down under a heavy chest containing couplings and tools. His escape was miraculous, and, although he was covered with bruises about the head and body, and irjured in the spine, no bones were broken. His injuries are not considered at all

Judson Barnes made the following statement: I am a brakeman, and was standing on the rear platform of the baggage car when the socident accurred; we were running about twenty or twen-y-five miles ar hour on the curve in a southerly direction; a gale of wind was blowing through the valley from the south east; I felt the car raising gently at first, and as I saw it was going ever attempted to gain the upper side to jump off, but could not make any headway against the wind; the next instant I was flying in the air clear from everything, and landed dewn the embankment about thirty feet, into a little hole; the baggage car came rolling down the embankment and crushed me down; I managed to crawl out and all around was dark and still. Some fifteen minutes elapsed before I could get a breath or speak, and then I saw some men coming along on the track with lanterns, and occasionally they would stoop down and hold on to the rails to prevent being plown down the embankment as a sudden gust of wind would blow over. When I was going in the air I heard "Lew" blow to put on the brakes, but I was making an extensive break myself Next heard "Jack," the bag gage-master, swearing the biggest kind for some one to get off of him, and could not help sughing. I then crawled off a little on one side-as I supposed, to die. Barnes was bruteed about the head, body and legs badly, but is able to be around.

Mrs. VAN VECHTEN, rosiding at Pittsfield, whose bushand is a master mechanic on the Western road. was in the middle car, and by her attenions toward others, regardless of her own injuries, showed that she was a woman of epirit equal to almost any emergency. She assisted to dress the wounds of three ladies, the newsboy, andseveral others, and finally, after the lapse of several hours, it was ascertained that her inju

ries were more extensive than any she had as isted. The first incimation that she had of danger was the goods raising of the car, and then it pitched down, turning over and over, and her impression was that they had run off a very high bridge and were whirting down into a stream of water. Seats and various missiles were fling about in all directions, tearing the dress, bonnet and cloak nea ly off her. All at once they struck tre ground and she was standing upright in a mass of runs; all was dark and still, not even a groan to indicate the presence of a tiving being. A moment be fore the accident she was conversing with Mr. White, the concuetor She called out for Mr. Waite, and he replied that he was safe. He then procured a lantern and with Mrs. Van Vechten proceeded to extricate the ladies and others from the wins and make them as comfortable as possible, by spreading mass and cushious for them to lay upon. After some three or four hours all of the injured per sons were conveyed to the hotel at Mellerton. The neighbors gathered round and locked on while Mrs. Van Vechten d essed the wounds of three ladies and then attended to the newsboy. It was then for the first time that the ciscovery was made that she was i jured. She received several severe gashes about the head by striking against the top of the car and from flying missiles, and was injured in the back. Yesterday she returned home. DEAD.

FRANCIS W. RATHBONE, White Mills, Chatham Four Corners.

WOUNDED. Mrs. Concan, Chattam, seriously. Mr. Conunn, her son, sightly. Mrs. Convas, his wife, slightly.

JAMES HART, conductor on the train running from Chatham to Dover, states that he was sitting in the forward pas-enger car at the time of the accident; that he felt the car lifted up and almost immediately afterward it rolled down the embankment, throwing him with considerable violence against the side and top of the car, upsetting the stove and setting the car on fire; be had his back hurt, his face bruised, and clothes slightly burned.

Mrs. SARAH M. HAWES of Spencer Town, Columbia county, received a flesh wound over one of he eyes, some bruises, not of a serious character how ever. She was on her way to Dykemans, Duchess county, in company with her son, Mr. R. W. Howes, who also sustained some slight injury. They proceeded

on their journey yesterday.

Mis. Van Vechten, Pittsfield, four cuts in the head and considerably injured in the back. I never saw such a woman; the blood was running down, but she would look out for other people. After she had done all that she could for them she fainted twice.

Mr. R J. WHITE, esuductor, slightly. JOSEPH SHELLEY, White Plains, baggage-master; came down with me as far as Dover, and there had to step. He was hurt in his back. The coupling-box fell

Jonson Barnes, Chatham, brakeman, went up to Chatham-was not seriously injured.

Mrs. BRANT was not seriously injured, A GENTLEMAN from albany to Millerton, sightly. Mesers, Marshall and Story were so slightly in ared that they went home.

English Billy, the newsboy fram New-York, also cut in the head. Mr. Duncan and Billy were in the

baggage-ear, and were probably cut by the stove. Most of the passengers were, in the next to the last

that he was on the front platform of the rear car; that the wind blew a perfect hurricane; had never known the wind blow so hard before, and found it utterly impossible to keep one of the car doors closed; that while at his pos he felt the entire car lifted up by the wind, and almost at the same instant the car turned over, and that he went cown the embankment with it, which was the last he had any recollection of relative to the accident, until rescued from the wreck of a car and taken to a bouse near the scene of disaster-where he lies in a very precarious state, having five ribs broken, his lungs ruptures by the points of the broken ribs, his skull depressed, and his right shoulder, chest and face severely braised.

Mr. NICHOLAS SOULES of Floyd, Oneida county, on his way to Dover Plaine, slightly hurt. Proceeded to his place of destination yesterday. ROBERT H. FREEMAN of Amenia, escaped with

elight broises.

Mr. FRANCIS PERKINS of Ida, Tioga county, on his way to Croton Falls, was somewhat hurt, but was er abled to resume his journey yesterday.

The read at this point for three-quarters of a mile forms an embankment about thirty feet high, with a curve corresponding in its course with a range of mounts in haif a mile east ward of it.

incentations in the ties, it is evident that the wind aised the cars and carried them a distance of six feet our inches westward, so that the east-side wheels alighted eighteen inches west of the west-side rail, and that they thus ran with west-side wheels at a considerable elevation above the embankment for a distance of nine feet, when it is believed from the jagged condition of the rail, that the coupling between the tender and baggage-car gave way, and set the cars at liberty o roll down the embankment.

Two of the passenger cars are completely demolished and one nearly so. The baggage car was not so badly damaged. The former were partially destroyed by fire in consequence of the upsetting of the stoves in

Mr. Hurd, president, and Mr. Nottingham, superintendent of the road, repaired to the spot by the early train yesterday, and as far as possithe wants of the injured. ble attended to It seems a mystery how any of the passengers escaped instant death. According to the information obtained, it is by no mears a rare occurrence for the wind to blow so fariously at the point in question that pedestrians find it impossible to walk along the embank ment, and are obliged to kneel down and cling to the rails for a few moments before they can proceed.

The remains of Mr. Francis H. Rathbone were con veyed to his former residence at Chatham Four Cor ners, where an inquest will be held to-day. Mr., R. was about forty six years of age, and a most estimable and benevolent citizen, and was postmaster under the Taylor administration. A wife and five sons and daughters are left to mourn his untimely decease. The funeral will take place on Thursday, and will be stiended by the Ood Fellows of Chatham. Mr. Rathbone was extensively engaged in the manufacture of cotton-batting and wrapping-paper.

THE LITTLE ITALIAN MUSICIANS.

To the Editor of The N. Y. Tribune. Sin: Your renders know that there are numbers of peer little Italians wandering over the town, begging r playing the organ and tambourize for a living. The parents are often willing that their children should be educated, and would be very glad that they should be elevated to better employments, if they were able to do any hing else. But at present they must follow this occupation for their bread, and they do not knew Erglish enough to make use of the Public Evering schools. Yet they are quick, intelligent children, and any one who has watched the bright, ruddy faces and dark eyes of the little Italian girls ic our streets must have felt they are capable of good

We have arranged a plan for their education, which We have arranged to the public to be fairly car-ried out. An Italian gentleman—a patriotic and in-telligent man—has been found who will open a school elligent man—has been found who will open a schooler them, where they shall be taught English and use al branches. The hours to be from 5 to 8 o'clock in be evening, so that at first they may follow their Mr. Pease has kindly offered a room in his build

o a degree have expressed their satisfaction at the

plan.

The treasury of our society is too low to expend snything on this and we must depend on outside aid. We need about \$330 for salary and expenses. With this we can make the experiment. Who that has

means, and sympathy for these bright, sunny little creatures of a foreign land, will not lend a hand in a practical effort to educate and elevate them? Such expenses are the best safeguard against the descrease influence of ignorance and vice among our

foreign population.

Dona ions can be sent to the "Chi dren's-Aid so'ciety, No 11 Clinton hall, Astor place," marked for
this object C. L. B. New-York, Monday, Nov. 12, 1855.

ECONOMY IN FOOD-WHAT SHALL WE EAT?

With the present prices of rent, fuel, meat, bread, flour, meal, sugar, potatoes, and other staple articles of supply for a family in New-York, it only requires but a slight insight into the concition of all the laboring class to see that the cry frequently raised for an increase of wages, is only the disguised cry of the hungry for food. Daily wages are daily consumed; and often the only means of support for a week is the weekly credit of the butcher, baker and grocer. This is never given except at an increased profit, and a little too often at a profit obtained by palpable swindling in light weights and measures, of which the victime dare not complain, for fear of leaing the " accommodation," as the credit is called. While work lasts the laborer can live; when it fails, be has nothing in store to fall back upon. Whoever, then, will make known to this class how to economize in their food, so as to increase the supply without an increase of expenditure, will be doing them a greater benefit than he would in a life-long harangue on politics, either Hard Shell, Soft-Shell, er no shell.

We need not repeat here how hard it is for those dependent upon daily employment to furnish their families with suitable food, at a time when, from sickness or other cause, they are not in receipt of wages.

Too often, at such times, there is deep suffering; and last Winter there was actual starvation.

Will it be any better this Winter, now so rapidly approaching that it serds a shudder through many a family circle who remember what scenes they passed through last January, February and March?

There has been, there is now, there will be much suffering for foed in this city, notwithstanding our receipts of tens of thousands weekly of butchers' animals and our millions of bushels of corn and wheat, and rye, and oats, and barley, and buck wheat, and beans, and peas, and rice, for breadstuffs, and daily ship-loads of potatoes of both kinds, and untold piles of other edible roots and vegetables, and great storehouses full of flour, butter, cheese, fish, fruit, eggs, poultry and salted mests, and a thousand unname articles of food, yet the mass are not fall fed; and why? Because they do not know how to eat. Not that they lack the animal function of consuming, but in providing, both in the purchase of kind and quality, and in the preparation, there is a lamentable want of judgment and utter want of economy. The want of food among the poor is a great evil. It breeds discentent, dissipation, crime and ruin to any civilized society.

There is a remedy. It would be greater charity to teach that remedy

than to establish soup-houses. The first step would be to change our fashion of food; to abandon such articles as are excessively dear

in the raw state, for others equally good and more nutritions, and to adopt a different and more rational plan of cooking. This would not only promote economy, but health; both of which would add vastly to our stock of erjoyment.
Without exception, both rich and poor in America

eat extravegantly of animal food, cooked in the most extravagant and wasteful manner; by frying, baking, roasting or boiling, and throwing away half of the nutritious matter in burnt gravy, or gelatine dissolved in the pot liquor. Again, we consume vast quantities of the meanest

and most innutritious vegetables, costly at first, and cooked in the most foolishly wasteful manner. The fashion of extravagance in living is set by the rich, and they are aped in their folly by the poor. The consequence is, that there are want and suffering whenever work and wages fail.

There is a remedy. The only question is, how it shall be applied? Better than charity would be Organizations, not to provide food for the poor, but to teach them what to buy and how to use it; how to conomize their money.

The very first step toward this blessed state o

things, should be taken by our city government, if indeed we have such a thing left to us, by removing all restrictions upon the producer, by which he is kept away from the consumer. We pay now an average of thirty-three per cent advance upon everything that is eaten in New-York, over and above what we should pay if these restrictions were removed.

Let every one who has bought a head of cabbage ink what he paid. Six, ten, or twelve cents each, while the preducer has not received an average of two cents each. The turnip eaters are paying every day at the rate of one to two dollars a bushel. The producer is receiving an average of less than twenty cents. We pay for many things in the same proportion, owing to our absurd and wicked market regulations.

The producer is kept away from the consumer. He is not permitted to come into the city and enjoy the advantages of " free trade" in his own produce. Why ! The city fathers say that we have no room-

nowhere for him to stand his wagon, where the poor man or the poor woman may come with her market basket upon her arm, and get it filled at first prices.

Under the present market regulations, all the country wagons are huddled into the cramped space around Washington market, where none but stout men, or a class of market bulties can get to them; for, in addition to the crowding, the wagons are driven out at o'clock in the morning. The city fathers say they cannot smend this error, because they have nowhere

else to put the wagons.

We can help them. We will point out a place, and let the recommendation be adopted, and it will cheapen family marketing in this city to a very large class of consumers full twenty-five per cent. Pass an or-dinance at once making Canal street through all the new widened part, from Centre street to the East river, a market place for country wagons; and there let them stand and sell their staff from sunrise till 10 o'clock, at retail, with no privilege, until after that hour, of selling at wholesale, or leaving the stand, unless their

This is a measure of relief to the poor, easily brought about; one that would produce real economy in food. Our city makes paupers, first by thwarting the laborer in his tacilities to get cheap food, and then by the soup-house system of feeding those who are unable

through misfortune to obtain a supply. But this is foreign to our main subject-economy in kind and quality of food for the industrious poor.

They do not study economy in their purchases. All kinds of fresh meat cost from ten to twenty cents a pound, and very few Americans are willing to take low price most;, and generally those who can least afford t call for a rib roast or a kin steak of beef, or a leg of lamb or mutten, or a loin of veal or pork; and rarely for the most economical pieces. A rib rosst of six pounds for a dollar in a poor man's family is slightly extravagant; the cooking more so. The Jews' religion in eating meat is founded on true economy. Taey eat only the fore quarters and sell the more expensive and less valuable hind quarters to the Gentiles. The fore quarter will not cut steaks and roasts equal to the hind quarter, but it is more economical for soups, stems potpies, or cooking in any form with vegstables and gravy. The man or woman with scanty means, to fill the market basket, not only buys dear meats, but crude, innutritious vegetables, such as cabbage, turnips and potatoes; for, notwithstanding so many persons think potatoes a necessary article of food, they are not an conomical one; and all the cruder substances of vegetable food, though necessary and healthful, should not be sought after because cheap, to save money.

The most economical mode of preparing food is due mixture of meat and vegetable substance in the orm of sours; but no man should live upon sour

alore any more than he should upon meat or fine flour bread. Health as well as appetite requires variety Is happens now that breadstuffs, notwithstanding the high price of bread and flour, are the cheapest of all buman food; and it also happens that by our slave > of fashion we do not use the cheapest kinds of this

kind of cheap food. ring are the retail releas of some of the

The mine with the me teron bures.	OF BOME OF BE
rincipal articles of food in New-You	ork, Oct., 1855
Flour, P bbl	₽ D, 6jc.
Sego	at In a c
Farina	P B 120 15c.
Bread	
Com meal, # cwt 2 75@#3 00	# 10, 34c
Back wheat meal Powt. 3 002 53 50	P 15, 31 124c.
Bariev me-1 iP cwt 3 00	Ph. Nate.
Ont meni. P cwt 4 (0@ \$4 50	P D. Sillete.
Rye flour, & bbl 7.65	P 10, 404 C
Hom/sy # cwt 4 00	P 15. Sc.
Cracken wheat, Pewt	P 25. 6a.
Split peas, & husb 2 25	3 th. 4 c.
Who's pear, P bush 2 50	→ th. Se.
White beens P bush 2 00	8 15 44 are
Dried sweet corn. Phush 4 50	P 15 10 2 12 C.
Rice, 4 cwt 5 (0	P D. 6076.
Potatoes nor bbl @1 to 2 at 75 ner heal	sel 75 cents no

sroni and Vermicelli, 11@12 cents per lb.

Maccaroni and Vermicelli, 112/12 cents per lb.

Sugar, 8 to 11 cents per lb.

Buther, per lb. averages 28 cents. Cheese, 122/14 cents.

Apples, per bbl., \$22\tilde{\pi}\$5 50; oce bushed, \$1 average.

All kines of meat, sait and fresh, and all sorts of fish, will average 12/ cents a pound to the buyer of small quanties.

Figs are worth 2 cets per dosen, which is about 18 cents per lb. A decement, average size, will weigh one pound air concord.

Tu nire, per bushed, 25 cents; carrots, 50 cents; bests, 50 cts.; colons, 75 cts.; cabbage about 2 cts. a pound.

Drice Fruite, per lb.—Apples, 75\tilde{\pi}\$ cts.; pears, 15\tilde{\pi}\$20 cts.; pions, 50 lid cts.; cherries, 15\tilde{\pi}\$20 cts.; peaches, 15\tilde{\pi}\$18 cts.; risins, 50 lid cts.;

Lon	Substances.	Lbs. nut. mat.	Lbs. water.
100	Wheat Flour	90	10
100	Corn Meal	91	9
166	Rice		14
100	Barley Meal		12
100	Rve Flour		21
100	Ostmesi		25
100	Potstoes		771
106	White Beans		5
160	Carrots		99
160	Turnips		964
100	Cabbage	aure ares Th	924
100	Beets		25
100	Straw betries		90
100	Pens		74
106	Apples		34
100	Cherries		75
100	Plums		71
100	Aprico's	35	74
100	Peaches		40
100	Grapes		73
100	Melons	3	97
100	Cucumbers	24	972

Meats generally are about three-fourths water, and milk, as it comes from the cow, over ninety per cent. How is it as it comes from the milkmen?

It is true that this chemical analysis does not give us the exact comparative value of food, but with that and the prices of the various articles it cannot be a hard marter to determine what is the cheapest or most economical kind of food for us to use.

Perhaps of all the articles named, taking into ac count the price and nutritious qualities, oat meal will give the greatest amount of nutriment for the least money. But where will you find it in use? Not one family in a thousand ever saw the article; not one in a hundred ever beard of it, and many who have heard of it have a vague impression that none but starving Scotch or Irish ever use it; and, in short, that oats in America are only fit food for pigs and horses. It is a great mistake. Oat meal is excel ent in por-

ridge, and all sorts of cooking of that sort, and oatmeal cakes are sweet, nutritious and an antidote for dyspepsis. Just now, we believe outs are the cheapest of any grain in market, and it is a settled fact that oats give the greatest amount of power of any grain consumed by man or beast.

This cheap food only needs to be fashionable, to be extremely popular among all laborers, all of whom, to say nothing of other classes, eat too much fine flour bread.

Cracked wheat and loaf bread cost the same price or perhaps a less price for the wheat by the pound. A pound of the wheat, properly cooked, is worth more than four loaves of bread,

Hominy, samp, builed corn, we have so often recommended and urged upon the attention of all, both rich and poor, as cheap, wholesome, nutritious food that we have induced many to try it, who would not give it up now under any consideration. We reiterate all that we have ever said in its favor. Thirty years' experience in its use only serves to confirm us in the opinion that it is such excellent and economical food that too much cannot be said in its favor. The only thing necessary in its cooking is to cook it enought cannot be cooked too much.

Every family should eat beans and peas, because of all articles they afford the most nutriment for the

One pound of cheap meat, say at ten cents, and one cound of split peas, say five cents, will give a fuller dinner to a family than a dollar expended for beet steak and white bread. This is a kind of economy that should be known and rigidly practiced.

One bushel of white beans will feed more laboring men than eight bushels of potatoes. The bears will two dollars, the potatoes six.

A single quart of beans costs nine cents; a half-pound of salt pork, six cents; a pound of hominy, five cents; and that will give a meal to a larger family than a dellar's worth of roast beef, white bread, potatoes and other vegetables.

We would not confine the Isborer or the poorest family to this cheap food; but we do insist that it is their duty to substitute such food occasionally in place of that which is more expensive, and thus, by saving, lay up a few dollars in the savings bank to save them selves from the mere life-saving contrivance, the soup

We hope sever to see another of these pauper-making establishments in operation again in this city. Let men thick twice before they open another one.

But let every one think of the economy of making a soup-house at home. We spoke of pea soup. Is there any living witness of that good old Yankee dish of cheap food, called bean porridge? Let it be revived in every family; among the rich as a luxury. and among the poor as an article of economy.

There is another Yankee dish beside bean-soup baked beans that we should like to see revived, and that is the baked Indian meal pudding; and this brings us to Indian brend, a mixture of two-thirds corn meal and ene-third rye meal, not rye flour, which makes most delicious bread at less than one-half the cost of wheat flaur.

We could go on a long time pointing out the errors of living in which economy is lost sight of, if we thought the wished-for effect would be produced. We urge all to think of what we have said, and that ere of the best things that can be done for the poor is to teach them practical economy in every-day

No charitable societies have ever done so much good to the poor by a distribution of food as they could do by printing and putting into the hands of every family a little tract containing practical lessons of economy in the art of living well and living cheap-an art that would prevent the waste of food, and lessen the expense of first purchases, and increase the nutritious qualities, while it added immensely to the table enjoyment of every family.

In a great majority of cases it may be set down as an incontrovertible fact that want comes of waste, and waste comes of want of knowledge of the prop erties of different articles of food, and how to com them so as to produce the most beneficial effect.

It may be set down as another incontrovertible fact that no class of people can want food and remain virtuous. Their degeneracy, both physically and morally, is certain. It is our religious duty, then, to study and teach economy in food, and the art of living better and cheaper; more in accordance with the principles that promote health, vigor, intellectua spacity, comfort, happiness and morality of the hu-

How much good would come of it if we should practice upon the text that forms the title of this article. Let those who read and think, first set the example; the unthinking will follow, and their children will rise up and call them blessed.

A FOUNDLING —In the privy of the South farry-bours at Whitehall some person left a child yesterday, which was rest to the sima house. It appeared to be about three or four days od, and was well densed.

ALLEGED WRONG BY AN AMERICAN AGENT IN TURKEY.

LETTER FROM THE PRINCESS BELGIOJOSO.

To the Editor of The N. Y Triums.

Six: It is with most painful feelings I proceed to perform a duty toward n yaelf in relating to you the reseens which have forced me to resign the protection your generous country bas extended to me. It would be, indeed too distressing if to the unpleasant circum at aces attending me thus far, I were to add the thought of being suspected o' ingratitude by those whose kindness has never deserted me.

During my first visit to Constantinople I had but thanks to give to Mr. M rah for his protection, and I never doubted it would be the same with his successor. Nor do I mean 'o complain of Mr. Spence, actua minister of the U. ited States at Constantinople; but the unsteady state of his health, and his little know. ledge of the country, give to his dragoman, Mr. Brown, a greater authority than be ought to possess. The use be made of that authority in what concerns me, is what I am about to tell you.

I have lived during five years in one of the most lonely parts of Asia Minor, among the most ignorant and faratic of Mussulmans, far from every European or American agent, and I lived in tolerable peace with all. I have received neither injury nor insult from any, and I don't know many Europeans who have behaved with such successful prudence. I was then much astonished when I received from Mr Brown a dispatch interming me I was denounced by a Greek as owing to him the sum of one hundred and seventyfive thousand plastres. The man is a known scoun drel, reduced by his notorious dishonesty to the lowest degree of poverty, who had lived the last four years upon my charity, and the small robberies be made upon some commissions I used to give him, with the dea of saving him either from starvation or from some wome fate. When I was informed by Mr. Brown o his persecution. I consulted my lawyer, who asked me if that man had no written document to support his precentions, and having heard from me that he had absclutely none, he assured me nothing could be done by him, since the capitalations between the Sublime Porte and the Christian nations interdicted to every Rsjah to persecute any member of those nations with out presenting written documents. But Mr. Brown got over this difficulty, and acting

contrary to the law and abusing his powers-since he

is neither chancellor ner consul, but dragoman-he admitted the claim of my adversary and called me to judgment. A commission was named, notwitzstanding my protestation, and the procedure began before three commissioners-one named by Mr. Brown, another by my adversary, whose name is Eugenio, and the third by myself. While the affair was examined I asked for my passport for France, and received this answer by Mr. Brown: that my passport was, he didn't know hew, in the hands of M. Eugen'o, (he must have stolen it,) and he had neither right nor power to make him res'ore it. I insisted, and after power to make him res'ore it. I insisted, and after some remarks Mr. Eugenio returned my passport to Mr. Brown, who sent it to me, but without his vise, having declared to me that he would not assist me in my intended departure. My Italian cetates being sequestered these last three years, and my friends and tamily insisting daily tor my return to Europe, I intermed Mr. Brown of the dissistrous consequences my stay at Constantinople was likely to have for me and my interest. I dien't clasimulate that I had but very little money left, and that, by spending that little at Constantinople, I should find myself in the most depletable condition, deprived of all means of living there or of going back to my family. He persisted in denying me his assistance. Then, too, he behaved illegally, since the law does not permit the detertion of a passport, unless the person claiming that same detention deposits security to compensate the demegres resulting from the detention. I mentioned this to Mr. Brown and protested again, but in vain. The affair did not progress meanwhils. The commissioner of Mr. Eugenio went to the Crimea, and there he remained two mosths. He being returned, the other named by Mr. Brown started for Londou, and more than two other months passed again before Mr. Brown thought of naming another. This second one named, Mr. Eugenio's, went to the country. Mr. Eugenio's intenton was quice evidento me. He hoped to disfress me by perpetuating a situation so feat to my interest, and to requee me to propose a compremise, an arrangement. But this I was determited not to co, since it was not for me a morey sflair. If I really owed one cent to that man and bad refused to pay him, I was a robber; and this was the question I wanted to clear up perfectly. But this could be cone during my absence as well as in my presence: my advocate had full power to represent me. I nad delivered to the commissioners all the papers relative to my affairs during my stay in Asia ome remarks Mr. Eugenio returned my passport to in my presence: my sevecate and that power to represent me. I had delivered to the commissioners all the papers relative to my affairs during my stay in Asia. Even supressing I should be condemned to pay, I must get the morey from Europe, which I could not do while I remained at Constant imple. But none of these considerations moved Mr. Brown.

I remembered then I still had in my possession an English passport, which I used before I obtained the American protection. This I got signed by the English and the French chancelleries, and having obtained from the French intendant a free passage upon one of the government steamers, (not now being abe to pay for it. I prepared to sail, after eight months detention. But at the very moment I was going down the staircase of my house to join the steamer. I received a letter from the French chancelsteamer, I received a letter from the French chancelor, informing me that, in compliance with a reclamation addressed to him by the American legation, he was obliged to effer opposition to my departure. I again consulted my advocate, who advised me to ask a texal copy of the American note. To this the French conem Mr. Rouel) answered that Mr. Brown had taken it back, but that he had sent to him to have it returned. He didn't get it, however. Then my advocate and a friend of mine (the same I had chosen for my commissary) went to Mr. Brown, and asked him if he had thought of the gravity and the idegality of the last act, as well as of the consequences to himfor my commissary) went to Mr. Brown, and esked him it so had thought of the gravity and the idegality of this last act, as well as of the consequences to himself; since I was determined to call him before the magistrates of his own country to answer for it. Mr. Brown showed himself quite astenished, and decided formally having done anything to prevent my departure. But, answered my friend, Mr. Benet ceclares he received a note on the subject from you. Let him show it, then; returned Mr. Brown. He declares that you took it back; but since you deny it, you will find no difficulty in writing what you just said to me. Mr. Brown made some difficulty, but at last he could not refuse, and wrote—adding however that he had only authorized the Tarkish government to co what he thought necessary to the protection of its own subject [Mr. Eagenio.] and had only promised not to interfere in my favor. This written declaration was immediately brought to M. Rouet, who persisted in retting down all that had happened under Mr. Brown had no further reason to oppese my departure. And so I got disentangled and immediately left Constantinople, after informing Mr. Brown that I declined his protection further.

But before I close this long letter let me observe to you how monatrously illegal and perficious was Mr. Brown's last declaration. Had he a right to abandon ne to the Curish government if he considered me as protected by America. And if he knew I had got an

Brown's last declaration. Had he a right to abandon me to the Curkish government if he considered me as protected by America? And if he knew I had got an English passport, and was consequently to be considered as protected by England, should he inform the Turkish government of it, saying he hadn't anything more to do with me, but that it was the English legation? The truth is, the Turkish government often't interfere at all, and this opposition was only intended to prevent me from profiting by the passage obtained from the French intendance, and to gain time to frame some other intrigue.

intended to prevent me from profiting by the passage obtained from the French intendance, and to gain time to frame some other intrigue.

If Mr. Brown was an American, if he was recently come from his legal country to that country where he and cishonesty are unfortuately the masters, I should rether believe in one incomprehensible mistake than accuse him of compleitty in each dark and disgusting conspiracy. But such is not the case. Mr. Brown has, I am told, been born and bred in Turkey; he is acquainted and intimate with that Armenian and Greek society which is a shade to Christianity among Mussulmans. He lives its life and walks in its shades. What I have renounced is not the American protection—a protection I was proud to acknowledge, and which had not been only given to my condition of exist but to my name and person—it is the false, the perficious protection of a Levantine, forgetting what he owes to the country he claims as his own in the persons of those whom that country has honored with the title of citizen. This is what I desire you to know, and to make known to those who have taken some interest in me and my misfortunes. Forgive this long letter, and believe me always gratefully yours.

C. Trionitrio of Ballotojoso.

Department of Turk, France, Sept. 11, 1855.

CHARGE OF FORGERY -A young man named John L. Griseron was restricted a research, charged with forging the name of his father, samuel Griseron, esq. to a note for \$350, which he passed to Henry Shaw, keeper of a public house at No. 4l Walker et., in payment for \$150, which he owed Shaw, receiving the difference in each. The note was discounsed, and subsequently presented to the father, who pronounced it to be a longery. The accused was locked up. THE BALANCE DUE MEXICO.

Correspondence of The Public Ledger.

WASHINGTON CITY, Monday, Nev. 12, 1855. The appropriat on by Congress on the 29th Jane. on the third article of the treaty of 50th December, 1853, with Mexico, by which that Government cedes certain territories to the United States, has involved an interesting controversy between private citizens and a foreign State. Seven militions of that appropria we were paid to Mexico in the city of New-York, immediately on the exchange of ravifications, but the payment of the remaiting three millions were reserved until the survey had been completed, and the boundary line finally established.

There are numerous claimants upon that balance of

three millions, ow present in this city with their comrel, who have filed in the State department a caveal
against paying the same to the Government of Mexico.
By the stipulations in the treaty the United States
have agreed to pay he same to the Government in
the city of New-York.
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By the stipmaticus in the treaty the United States bave agreed to pay he same to the Government in the city of New-York.

The ratification of the treaty was consummated during it e armuistration of Precident Senta Anna. In anticipation of the efferred payment, in the latter part of the last year be offered for sale and negotiated a loss of three millions, and i suce bonds to the lenders, pledging the three millions in controversy as sociality for their redemption. The principal portion of this toan was taken by Mesers Howland & Aspinwall and the house of Hargous Brothers of New-York. Accompanying the bills were letters of a vice to the United States, desting pay ment to the holders whenever, by the terms of the freaty, the money become due. Notice in proper form was transmitted by the Mexican government to Washi gion.

The present Government of Mexico refuses to recognize the valuity of the transfer, and have instructed their ambassacor, Gen. Almonte, to profess against the payment of the three millions to any other party, or in any other form than that presented by the treaty, requiring the maney "to be paid to the Government of Mexico in the city of New-York." This dispute has for some time received the attention of Mr. Cushing. The hill bodders are all citizens of the United States. A classification of one midion. It is a nearest of the precedent authorities, and as citizens of the United States, with honest claims purchased on good faith they are entitled to the protection of their own Govestment, which is now the stakeholders, nor can the prices paid for the bones prejudice their right to receive the deferred installment. They have been admitted to an ancience with the attorney-general, and on Saturday last their course submitted their final argument. The issue of this connected with Mexico, or gesult in loss to the bolders of the bills.

THE TURF.

How's THE WIND !-At noon yesterday it was & steady, light breeze from por'-nor'-west, warm and pleasant as June; the storm which drizzled and sputtered, and dampered the air, and made the street like thin mush, blew out at daylight with a change of wind. It must have blown hard up the Harlem railroad, if the account in another column is true, to blow a train off the track. But that was not the only thing off the track. Some ill-wind blew us off in one of our items yesterday. We were so informed, and so we ran a tilt at the high prices of imported " Quassia "cups." Bless the wind, see what it has bown us from "One who Knows" upon this question of imperted. How we are gulled and tossed about by every breeze and all the tricks of trade. Look what is written upon a stray leaf, tossed by the last change

is written upon a stray leaf, tossed by the last change of wind into cur very tap. Hear what it says:

"Mr. ITEMS: Allow me to correct a mistake you have made in to-day's paper. You complain of the exception of the day's paper. You complain of the exception of the content price of the quassis cups, stating that they are imported, and that home-made once might be had cheaper. Bess your simplificity! they are home-made; turned in this city, and could be well afforded and give a handsome profit attwenty-five cents each. But means are enabled to double and even treble their price. This is a dodge very common in this city, of selling home-made goods and charging a high price because imported; and even the name of foreign houses are put upon American goods as a means of keeping the near is ignorance of the fact that they are made here; thereby enabling the trader to grow rich, while the public pay enormous prices for home-made saticles; and yet the maker, the real worker, is all the while becoming poorer. Our firm have made these same quassis cups, but the price paid by the seller for making them would not enable us to pay such wages as a man can live upon—so we gave it up. But they are not imported, notwithstanding every purchaser is told that that is the cause of their high orice.

"ONE WHO KNOWS."

told that that is the cause of their high orice.
"ONE WHO KNOWS."

Very well: now the public knows-everybody knows-that is everybody that reads our items-we pity the ignorance of those who do not-knows how the public are cheated into this foolish notion of buyng foreign goods rather than domestic ones.

We stepped into a fashionable hatter's the other day for a new hat-we are rather noted for patronizing fashionable hatters-and as the fashionable hat that we had been wearing for a year or two-we don't recollect exactly—had got slightly disarranged in some hard wind, and as nobody had bet us a new one on the election, we determined on a personal ef-fort to raise the wind. We did so. Judge our setonishment next morning, when looking a little deeper into our new hat, we found-if the card was true that our hat was made in Paris! Not only that, but that it was the prize hat of the great exhibition. Exposition Universelle, 1855; Paris;" with the fleur de lis and head of Napoleon le Grand et la Petite, en graved in a sort of Siamese twin unity.

"Genin," said we to the hat merchant the next time we met him, "do you import French hats?"

"French hats!" with a look of innocent smar ment; "oh, no-we only put that name on them to make them sell. Why, don't you know that some of our loudest-talking Americans won t buy an Ameri-

Oh, ho! that is how's the wind, is it? "Vive la "bagatelle"—that's imported too, we believe, and so that will be popular as well as appropriate.

Let us whistle for a breeze, and a change of wind that will blow some common sense to common minds and then we shall have as fair weather in the atmosphere of politics as we had yesterday in that of nature after the wind changed. It was a pleasant day-the atmosphere dry and balmy, and upon the sidewelks good walking; but in the middle of the streets, what leng rivers of mud! Mud! no-one continuous stable, the droppings ground down into impalpable powder, and then mixed up into a soft, sticky paste of bah, how filthy! What a soft bed it would be for a

street commissioner.

"Let us hope for a change of wind to-morrow.

CHARGE OF FALSE PRETENSES -Ferdinand Plut-

FALL OF A BREWERY.—The six story brewery of FALL OF A BREWERY.—The SIX SLOTY Drewery OF Mr. Reed, in Thirteenth street near First areans, fell with a tremendous craw at 115 o'clock on Monday night, burying beneath its rime a large quantity of sie, must not other articles, and doing damage to the extent of about twenty the use of dislars. A number of sockmen were engaged at work at the time, but on heaving the walls crack they rushed out and escaped injury. The building was old and had been repeatedly patched up, and this supposed that the high wind which prevailed at the time sided materially in canaing it to fall.

THE DEATH OF RUSSELL ADER.—Coroner Hilton Year-edge concluded his investigation relative to the death of Mr. Russell Acce of Seventy-first screet, which was supposed to have been the effects of violence inflicted by some person at a political meeting on the 2c into. The testimons, however, exhibited that he had received but a slight assent as the time, in question, but had been for a long time predisposed to compession of the brain, and was not expected to live as long as bed did; and further, that this was the cause of his death. Yes jury rendered a verdict to that effect. Deceased was a majore of New-Lork, twenty-three years of age.